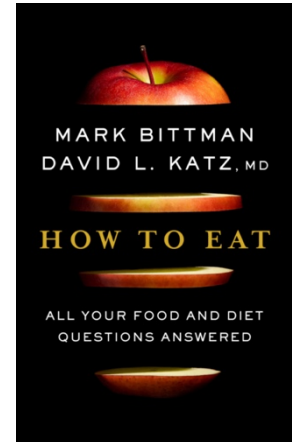


## Discussion Guide

### *How To Eat: All Your Food and Diet Questions Answered* By Mark Bittman and David Katz, MD

1. Why do we even need to ask the question, “How to Eat?”
2. The authors approach is to marry science with sense. What do think of this premise?
3. What evidence do the authors give to support the book's ideas? Do the authors use personal observations and assessments? Facts? Statistics? Opinions? Historical documents? Scientific research? Quotations from authorities?
4. Is the evidence convincing? Is it relevant or logical? Does it come from authoritative sources? Are the authors authorities? If so, what makes each author an authority?
5. The authors assert that people can train themselves to eat certain foods and not eat other foods by eliminating less healthy choices. Has this book changed the way you go about your daily eating habits? If so, in what way?
6. What is the most important point the authors make in this book? Was this point something new to you? Did it broaden your perspective on the issue of nutrition and health and if so, in what ways?
7. After reading this book, what questions about nutrition do you still have? If you could ask the authors anything, what would it be?
8. What else have you read on this topic, and would you recommend these books to others?



**Note:** This discussion guide was created by the Network of the National Library of Medicine and does not reflect the views or opinions of the author or publisher. Created February 2021.